This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

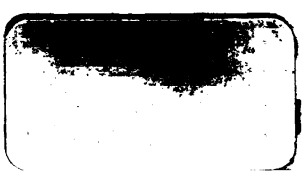
Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

Schlesinger Library

Radcliffe College

Culinary Collection

Flora Kelly Van Sciver
Book Fund



Red Book 1914
50-

11639
CJH

CANDY MAKING

CANDY MAKING
IN THE HOME

By

CHRISTINE TERHUNE HERRICK

Author of "The Little Dinner," "The Chafing-Dish Supper," "First Aid to the Young Housekeeper," "Sunday Night Suppers," and "Like Mother Used to Make"

RAND McNALLY & COMPANY

CHICAGO NEW YORK

641.95
H566c

Copyright, 1914
by
RAND-MCNALLY & COMPANY

THE RAND-MCNALLY PRESS
CHICAGO

Van Sciver

CONTENTS

PAGE

COUNSEL ON CANDY MAKING 5

BUTTERSCOTCH AND CARAMELS . . . 19

COCONUT, CREAM, AND MAPLE CANDIES 29

FUDGES AND SIMPLE NUT CANDIES . . 39

TAFFY, POPCORN, AND CANDY DROPS . 50

NUT AND FRUIT CANDIES AND MARSHMALLOWS 58

MOLASSES, SUGAR, AND CREAM CANDIES 68

FRENCH CANDIES AND FONDANT . . . 78

CHOCOLATES, NUTS, FRUITS WITH COOKED FONDANT 89

MISCELLANEOUS SWEETMEATS WITH COOKED FONDANT 100

BONBONS, CONFECTIONS, AND DIPPED CANDIES 110

HOMEMADE COUGH CANDIES 120

CANDY MAKING

COUNSEL ON CANDY MAKING

The American people have been called the most excessive candy eaters in the world; and the national fondness for sweets has been termed a crime. There can be no doubt that in many cases the habit approaches perilously near danger.

Yet there is a degree of reason in the practice. Sugar is a force-maker; Americans are conceded to be exceptionally energetic and restless; the output of nerve and muscle strength must be constantly renewed, and the craving for sweets is one of Nature's efforts to repair waste.

The fault does not lie so much in our consumption of candies as in the kind we eat and the way in which we eat them. Rank carelessness of our sources of supply brings punishment in impaired digestion and decayed teeth. Children are allowed to buy and eat

candy as they please, and parents who would shrink in dismay from permitting a child to touch labeled poison, give no thought to the character of the coloring matter with which cheap candies are tinted, much less to the materials used in compounding confectionery sold at little more than the price of the sugar of which the candy claims to be composed, to the place and conditions in which it is made, and to the persons who make it. The small child is given his penny or nickel, when he begs for candy, and is turned loose to buy where he will. As he grows older he continues to spend money on sweets, purchasing more of them but generally bestowing no greater attention on the purity of the confectionery than he did in early childhood.

Sometimes the evil wrought by this ill-directed love of sweet stuff is subtle and shows itself principally in the advance of dyspepsia in one form or another, in the decay of the teeth, in the offensive breath that indicates a

disordered stomach. Occasionally we find more striking illustrations of the adulteration and even poisoning of the candies we buy at random.

Within the past week a knot of girls employed in a factory, while strolling out at the noon hour, bought some gay colored gumdrops at a little candy shop. Common sense might have told them that confectionery sold at the price they paid for it—ten cents a pound!—could not be either pure or wholesome, but with the heedlessness of young people they made their purchase, ate some of the candy themselves, and passed the bag around among their friends when they returned to the factory. In all, seven girls shared the gumdrops. Within an hour each one of them was ill, doubled up with pain, nausea, and intestinal trouble. All had to stop work; four of them had to be sent home.

This is a single instance; examples of the same sort could be multiplied indefinitely. Experience is said to be

the only school in which fools will learn, but there is room for doubt if even such a harsh lesson as that of these girls will deter them or their companions from buying candy recklessly and at random the next time the craving for it is upon them.

Even when candy is not absolutely poisonous it is often adulterated to an extent that sickens one to contemplate.

"What are those barrels filled with?" asked a visitor to a large confectionery establishment. The barrels in question contained a fine white substance which at a little distance resembled flour.

"That is terra alba," explained her guide airily. "We use it in the icings for cake and in some of our candies."

Experiment with a piece of the "pure cream candy" manufactured by the establishment — which made much advertising capital of the integrity of its wares — proved that the confection held an ingredient absolutely insoluble in water, that remained

unchanged at the bottom of the glass in which it was tested. With this kind of thing do we allow our small children to clog their digestive apparatus and injure the mechanism which will have charge of nourishing their bodies all their lives long.

Terra alba is one of the component parts of cheap white and colored candies; one shrinks from fancying what goes to make up the chocolate coating and composition of other sweets. The rancid flavor of the nuts used in candy often betrays their staleness, but even when they are fresh what do we know of the conditions in which those nuts were cracked and the meats extracted? The reports of the tenement-house industries show pictures of whole families engaged in the work of picking out nut kernels in the midst of surroundings so squalid, so filthy, so horribly unhygienic that the stomach surges in revolt at the mere thought of eating anything prepared in such places and by such hands.

As a matter of course, there are

pure candies, just as there are cakes and bread manufactured in an absolutely sanitary environment by clean employees. Such candies, however, are not cheap, and the passion for sweets is not confined to those who can buy the best and pay the highest price for it. What is to be done about the matter?

The remedy — like many other cures for unsafe conditions — lies in the hands of the mothers. From the time when their children are old enough to buy for themselves the little ones should be cautioned against cheap candy as they are against any other form of dangerous food.

"But they will have candy!" some one interrupts. "They see other children eating it, and they beg for it!"

Yes, and, as I have already said, they would probably crave the sweet whether they saw it or not, in the fulfillment of a natural appetite of their small systems. Sugar in some form they ought to have, and candy seems to be the form which best

pleases them. Give them candy, but make it for them yourself!

I have not at the moment the statistics at hand which would show the money we as a nation spend annually in the purchase of confectionery. It would loiter far behind the sums which go into liquor and tobacco, but even so the amount disbursed is worth saving or diverting into better channels, especially when we reflect that a large part of it comes out of the mother's household or private purse, given by her to the children who plead for money to buy candy. When to this you add the price of the damage done to the eaters, and the actual outlay in druggists' and dentists' and doctors' bills, the economic importance of home candy making reaches a position where it becomes a factor to reckon with in considering the high cost of living—or the cost of high living.

The housewife who wishes to economize and also to make sure of the purity and wholesomeness of the

products consumed by her family does not depend upon the baker and the confectioner for her bread and her cakes. If she lacks the opportunity to buy from manufacturers and dealers whose names are synonyms for cleanliness and honesty, or is under the necessity of watching expenditures closely, she does her baking at home. Why should she not make her candy there too?

Does this sound like a heavy addition to the work already demanded of the housekeeper? It need not be. If you intend to make elaborate confections, to go into the details of coloring and molding fancy candies, you have work ahead of you, just as you have when you convert your plain dough into fancy twists, buns, and brioche instead of into everyday loaves and rolls. It is far less trouble to make simple candies than it is to mix and roll out pastry and prepare a batch of pies. Yet this is something you do as a matter of course, merely because you are used to it as a portion

of your daily or weekly work. Why not compound your family supply of candy as you do their stock of pies or cakes?

Recipes in plenty there are for a variety of confections that are easy to make and good to eat. Should you wish to go further and, instead of depending upon what might be called the taffy family—the large variety of sweets made in an infinite number of combinations and turned out into pans to cool—and to undertake candies which are pulled and twisted and braided or molded by the fingers or special implements into fancy effects, you can devote to these as much time and trouble as you choose.

Pleasing as are such products, they are not necessary to secure variation or to produce attractive candies. Yet if, when you have gained skill in your everyday candy making, you care to go further and develop your handiwork, you will find that all you have done in the simple lines will help you in more ambitious accomplishment, and

that from butterscotch and plain fudge you can advance to the point where the dainty French confections you fashion will compare not unfavorably with those sold over the counter at high prices.

Let me give you a word of caution to bear in mind when you arrive at that stage. The candy of commerce is not composed, as are the homemade sweets, of pure sugar and flavorings alone. Among the tricks of the trade is that which teaches the manufacturer to add to his products something which prevents their drying out and hardening as do those you compound in your kitchen. Have you ever tried to keep homemade French candies of fondant, cooked or uncooked, for an indefinite length of time? I have, and at the end of a couple of weeks you couldn't have broken them without the help of a mallet and a cold chisel!

A few years ago I read a story of a young girl, very clever in making French candies at home, who after reverses of fortune endeavored to con-

tribute to the support of the household by turning her skill to account. The candies were so attractive that she induced several provision merchants to sell them for her on commission, and in imagination she saw herself restoring the domestic fortunes. Alas! in a few weeks complaints began to pour in! The candies were delicious at first, but after ten days or so they had become so hard that it was impossible to eat them; the supply on hand was sent back with fierce criticism, and the poor little confectioner's castle of dreams came crashing to the ground.

So when you make your French candies don't get them ready too long ahead of the time they are to be eaten. The cooked candies keep longer than the uncooked, and the sort I have designated as belonging to the taffy family, like those made of stewed molasses or sugar and pulled, will not harden anywhere near so soon as those with a fondant basis.

While the candy made at home will not keep indefinitely — even if locked

up!—that is not a serious objection. You do not expect your cakes and rolls and pies to last fresh ten days or a fortnight at a time. Why demand it of candy? Better to make it in small quantities and often than to attempt to lay in a stock which will last for a month or two.

Another item of advice to the home confectioner: make haste slowly! Don't undertake to become an adept all at once. The simpler candies—fudge, taffy of all sorts, butterscotch, peanut brittle, penotchie, caramels, and many other kinds—are not hard to learn and after a few trials you will know when they have reached the right stage to be taken from the fire. Even the uncooked French candies may be mastered soon if your fingers are quick and well trained. But the candies made by boiling sugar to the different stages—the soft ball, the thread, the brittle,—demand practice and study, and you are wise if you postpone experiments with the more elaborate of these until you

have conquered the simple varieties.

For preparing candies of any kind you do well to have a special outfit of cooking utensils and implements reserved for this use alone. You will need nothing very expensive. A good-sized granite or agate or porcelain lined saucepan, — it is better to have two, one medium-sized, the other smaller,— a metal spoon with a wooden handle, an agate or glass measuring cup for dry ingredients and another for liquids, and a couple of tin biscuit pans into which to turn your candy when it comes from the fire, will answer for your plain candies.

After you undertake fondant and bonbons you will need a few more tools in addition to those I have named— a pair of candy tongs, candy dippers, a couple of perforated spoons—one the size of a teaspoon, the other larger— a couple of small wooden paddles, a swab or brush, and, if you can afford it, a set of accurate kitchen scales. Save your empty candy boxes or buy a few inexpensive boxes, and supply

yourself with an abundance of waxed paper. Have all these in readiness before you begin to work, and also a glass medicine dropper for your concentrated flavorings and colorings.

BUTTERSCOTCH AND CARAMELS

BUTTERSCOTCH (No. 1)

Put two cups of sugar into a clean agate saucepan with a cup of cold water and two tablespoons of vinegar. Stir until well mixed; bring to a boil and cook for ten minutes. Add four tablespoons of butter to the sirup and boil until a little dropped from a spoon in cold water hardens at once. Have ready a large clean tin, greased with butter, pour the candy into this and set aside to cool. When it begins to form cut into squares with a buttered knife. Leave it in the pan until cold and brittle, and then put away in a jar or in a box lined with waxed paper. Keep the box in a cool, dry place.

BUTTERSCOTCH (No. 2)

Boil together a cup of brown sugar, a half cup of water, and two cups of molasses until it reaches the soft-ball stage. Add then half a cup of butter, cook ten minutes longer, and pour

into shallow pans to cool. Mark into squares with a greased knife, and let it become perfectly cold before eating it. Should the molasses make it too stringy for your taste, use equal parts of molasses and sugar.

CHOCOLATE CARAMELS (No. 1)

Bring to a boil four cups of granulated sugar, half a pint of milk, quarter of a pound of butter, quarter of a pound of chocolate. Cook until a little hardens when dropped into cold water; flavor with two teaspoons extract of vanilla, take at once from the fire, turn into buttered tins; mark into squares with a knife as soon as the sirup cools, and leave in the pan until entirely cold.

CHOCOLATE CARAMELS (No. 2)

Mix in a saucepan two cups of brown sugar, half a cup each of molasses (not sirup) and cream, half a cake of unsweetened chocolate, and four tablespoons of butter. Bring to a boil slowly, taking care the sugar does not scorch before it is entirely melted,

cook steadily until a little of the candy is brittle if dropped in cold water, add two teaspoons vanilla, turn into a greased pan, and cut into squares as soon as it is cool.

CHOCOLATE CARAMELS (No. 3)

Mix one cup of molasses with a quarter cup of water and a half cup of granulated sugar. Stir over the fire until the sugar is dissolved; put in two ounces of unsweetened chocolate and two tablespoons of butter, and cook until the chocolate melts; then cook without stirring for fifteen minutes. Test a little of the candy in a cup of cold water. If it forms a soft ball between the fingers it is ready to be taken from the fire; if not, continue the low, steady boil, watching carefully that the candy does not scorch, until the soft-ball stage is reached. Flavor with a teaspoon of vanilla and take from the fire. Pour into buttered pans and proceed as already directed in caramel recipes.

CHOCOLATE CREAM CARAMELS

Scrape unsweetened chocolate to the amount of two tablespoons; put with half a pint of boiling water in a saucepan, and bring to the boil again. Add one cup sugar and let the mixture boil for ten minutes. Weigh and grate three quarters of a pound of unsweetened chocolate, and put this with the chocolate sirup; leave this over the fire until the chocolate is well melted, add two cups of cream and three cups of granulated sugar; and after the candy boils stir it constantly for ten minutes, adding a tablespoon of vanilla. By the end of that time you should have a large ball of the candy, and pour it out on a big buttered platter or into greased tins. It is still better to turn it on a marble slab, if you have it, but if not, the tins will serve. So thick a mass will take a long time to cool even enough to be cut into squares and still more to become cold enough to eat. As may be seen from the ingredients this is a rich and rather expensive candy and little should be eaten at a time.

COCONUT CARAMELS

Put three cups of granulated sugar, one tablespoon of butter, and half a cup of milk over the fire, and stir until dissolved. Have ready grated half a coconut; add this to the sirup and cook until a little of it, dropped into water, will form a ball; add a teaspoon of vanilla or lemon flavoring, turn into buttered tins, and when cool mark into squares.

COFFEE CARAMELS

Slowly heat a cup of brown sugar and a cup of molasses and when the sugar is thoroughly dissolved bring the mixture to a slow boil. Cook until a little of it, dropped into cold water, forms a soft ball; then stir in two tablespoons of butter and three tablespoons of coffee. If you cannot buy the coffee extract at your grocer's make a substitute for it of very strong black coffee, in the proportion of a tablespoon of finely ground coffee to an after-dinner cup of water, and drip this through six times. After

the coffee and butter have gone into the sirup, cook it until a small quantity, dropped into iced water, is brittle and cracks between the fingers. Pour into a greased pan, and when cool cut into squares with a greased knife.

MAPLE CARAMELS (No. 1)

Crush two pounds of maple sugar into coarse fragments, put it over the fire in a quart of rich milk, and cook steadily, watching carefully that the milk does not scorch, until the candy hardens when dropped into cold water. Turn into greased pans; when cool, cut into squares with a buttered knife.

MAPLE CARAMELS (No. 2)

Crush a pound of maple sugar as fine as you can; have ready a pint of hot milk in a saucepan, and stir the sugar in this until melted. Bring to a hard boil and keep stirring until the sirup reaches the soft-ball stage; then put in a tablespoon of butter and cook a while longer. When a little, dropped in cold water, is

brittle, pour the sugar into greased pans and mark into squares when cool.

MAPLE-NUT CARAMELS

Make maple caramels by either of the preceding recipes. Have ready a cup of nut meats of any kind, broken into small pieces. Two minutes before taking the candy from the fire stir in the nut meats. As soon as the candy returns to the boil pour it out into buttered pans and cut into squares when it begins to harden.

NUT CARAMELS

Follow the recipe for chocolate, coffee, or vanilla caramels and when almost done, just before adding the flavoring, put a cup of kernels into the sirup. Hickory and pecan nuts should be broken into quarters, English walnuts and black walnuts divided into even smaller pieces, filberts or hazel nuts, almonds, and Brazil nuts sliced.

OPERA CARAMELS

Put with two cups of granulated sugar enough milk to dissolve it and

add a quarter teaspoon of cream of tartar; heat over a slow fire and stir constantly while it boils until it reaches the soft-ball stage. Turn it out then into a shallow greased pan and when cool enough to be almost formed stir it and work it with greased fingers until you have a mass of a consistency like dough. Lay it then on a pastry board which you have sprinkled with sugar, roll it out with a rolling pin into a sheet half an inch thick, cut it into squares with a knife, and put these in a box lined with waxed paper.

PINEAPPLE CARAMELS

Cook together three cups of granulated sugar, one tablespoon of butter, and half a cup of milk until they reach the soft-ball stage. Have ready a half cup of fresh pineapple juice, add this to the candy, cook until a little of it is brittle in cold water. Then proceed as with other caramels.

VANILLA CARAMELS (No. 1)

Melt two tablespoons of butter with one cup light brown sugar, one cup of molasses, and one cup of cream. If you have not the cream use an extra tablespoon of butter. Cook until candy hardens in cold water, add two teaspoons of vanilla, and pour into greased pans. When cool, cut into squares with a buttered knife.

VANILLA CARAMELS (No. 2)

Stir together a quarter cup each of butter and molasses and two cups of granulated sugar; add to these, when well blended, a half cup of cream. Put over the fire and stir until the sugar is dissolved and the mixture begins to bubble, but do not stir at all after the boil is well under way. When a teaspoon of the mixture, dropped in cold water, forms a rather hard ball, flavor with two teaspoons of vanilla, take at once from the stove, and beat until the mixture becomes creamy, scraping the sugar from the side as you stir. While still soft enough to

pour, turn the candy into buttered pans, making a sheet the usual caramel thickness, and cut into squares with a buttered knife.

VANILLA-NUT CARAMELS

Make as directed in either of the preceding recipes. Have ready your shelled nuts, cut into pieces, — and blanched, if you use almonds, — put them into the candy just before you take it from the fire or pour them into the buttered pans, spreading them out evenly over the surface, and turn the candy upon them.

COCONUT, CREAM, AND MAPLE CANDIES

COCONUT BALLS

Put together in a saucepan three cups of granulated sugar and two cups of cold water; boil until the sugar spins a thread from the tine of a fork or the point of a skewer dipped into it. Have ready a good-sized coconut, grated; stir this into the sirup, take at once from the fire, and when cool enough to handle form into balls with the fingers, dipping these into powdered sugar if the paste sticks to them. Set away on waxed paper to dry.

COCONUT BARS

Put three cups of granulated sugar, half a cup of water, and a quarter teaspoon of cream of tartar in a saucepan over the fire and cook until a little of it is brittle when dropped into cold water. Remove the kettle from the fire and, as soon as the mixture begins to cool, stir and beat it hard,

scraping the sugar from the sides of the saucepan. It will granulate a little and have a creamy appearance. Have ready half a good-sized coconut, grated, and while the candy is still soft enough to stir beat the coconut into it, mixing it thoroughly. Pour into greased pans and cut into long narrow strips. Wrap in waxed paper.

You may make chocolate bars by the same recipe, adding to the candy grated and melted chocolate in place of the coconut.

COCONUT CREAM CANDY

Put over the fire two cups of sugar with a half cup of milk, and cook for five minutes after it comes to the boil. Add then a quarter of a teaspoon of cream of tartar, cook to the soft-ball stage, and take from the fire. Stir into the sirup a half pound of grated coconut and a tablespoon of vanilla. Stir until the candy begins to harden a little, and then either turn it into greased pans and cut when cool into long bars, or drop the mixture by the

large teaspoonful upon waxed paper and leave it to harden. Use the fresh coconut if you can get it, and when you make the candy into drops ornament each with a candied cherry on top, a small square of citron, or other crystallized fruit. Ginger is good for the purpose.

COCONUT DROPS

Grate a coconut very fine or put it through a meat chopper. Add to it half a pound of powdered sugar; whip the whites of two eggs to a stiff froth and beat the coconut and sugar into these. Have ready your pans lined with buttered paper, drop the candy mixture on this by the teaspoonful, and bake in a quick oven. Do not take from the papers until cold.

COCONUT TAFFY

Melt quarter of a pound (about four tablespoons) of butter in a saucepan; add two cups of brown sugar and boil until it is brittle in cold water. Have ready half a coconut, grated or shredded with a knife into fine shavings,

and let these stand in a warm place, spread out in a pan, while the candy is cooking. When this reaches the stage of brittleness turn in the cocoanut and pour it into greased pans. It will be rather brittle when cold.

COCONUT AND MOLASSES CANDY

Boil a quart of dark molasses — the New Orleans is the best — for half an hour, keeping it at a hard boil all the time. When it has cooked thirty minutes add a half teaspoon of baking soda. Try it in cold water until it breaks between the fingers. Turn into it then as much grated cocoanut as it will hold — a whole one is not too much — and when this is well mixed you may either pour the candy into greased tins and mark it into squares when it cools or drop it by the spoonful on waxed paper. In either form it is sticky and good!

CREAM CANDY (No. 1)

Put a cup and a half of granulated sugar and a cup and a half of light brown sugar together in a saucepan

with two thirds of a cup of cold water and half a cup of corn sirup, and bring to a boil. Cook until the sirup spins a thread from the tip of a fork dipped into it, take from the fire, and pour on the whites of two eggs beaten so stiff they will not drop from the bowl when this is turned over. Add to the mixture a cup of nut meats chopped coarsely. Turn into shallow greased pans; mark into squares with buttered knife when cold.

CREAM CANDY (No. 2)

Stir together two cups of granulated sugar, one cup of water, and half a cup of heavy cream or half a cup of milk and a tablespoon of butter; put over the fire and cook until it reaches the soft-ball stage. Add another tablespoon of butter, cook until the candy is brittle when a little is dropped in water, flavor with two teaspoons of vanilla, pour into shallow plates, and put aside to cool.

CREAM CANDY (No. 3)

Put into a saucepan two cups of granulated sugar, one cup of water, half a teaspoon of cream of tartar; put over the fire and boil gently until a little of the candy is hard when dropped into cold water. Do not cook until it reaches the brittle stage. Turn out into greased pans to cool.

Just before taking from the fire, this candy may be flavored with vanilla, lemon, peppermint, winter-green, rose, or anything else desired.

CREAMED POPCORN

Put together half a cup of water and two cups of granulated sugar and boil without stirring until a little of it is brittle when dropped into cold water. Have ready crisp, well-popped corn, and stir into the sirup as much corn as it will take up. The mixture should be very thick. Have ready sheets of buttered paper laid in pans or dishes, put the popcorn candy on this by the large tablespoonful and when it begins to cool form each

spoonful into a ball with the sugared fingers and roll them over in freshly popped corn mixed with sugar, so that these will adhere to the sticky surface of the balls. As each one is done, wrap it in waxed paper.

MAPLE BALLS

Bring to a gentle boil two cups of crushed maple sugar and one cup of water. Do not stir after it is fairly melted. When it is hard when dropped into cold water put in a heaping tablespoon of butter; take from the fire, and as soon as the first heat is passed beat the candy vigorously. When it becomes cool enough to handle, make into balls with the fingers.

MAPLE-NUT CANDY (No. 1)

Before removing from the fire the candy for which a recipe has just been given, stir into it a cupful of chopped nut meats of any sort. Mix them in the boiling sirup, and when it regains its boil take from the stove.

MAPLE-NUT CANDY (No. 2)

Cook together four cups of crushed maple sugar and one cup of water until a little is brittle when dropped in water. Have ready shallow greased pans spread with nut kernels — hickory nuts, black or white walnuts, almonds, pecans, filberts, butternuts — anything you choose, and pour the maple candy over them. This is especially good when made with black walnuts or butternuts.

MAPLE-NUT CANDY (No. 3)

Put over the fire a pound of soft new maple sugar, broken into pieces, with a quarter cup of water and a half cup of cream or, if you cannot get this, half a cup of milk and a tablespoon of butter. Cook until it reaches the soft-ball stage, stir in a cup of broken nut meats, take from the fire, beat until creamy. Then turn into a buttered pan and when it cools mark into squares.

MAPLE CREAMS (No. 1)

Crush a pound of maple sugar and put it over the fire with a cup of heavy cream. Boil until a little of it dropped into cold water, makes a soft ball; take from the fire and beat until it is of a creamy consistency, scraping it from the side of the saucepan as you work. A silver fork is the best implement, although a spoon may be used. Turn into buttered pans and let it cool.

MAPLE CREAMS (No. 2)

Break four cups of maple sugar into pieces, then crush with a rolling pin and put over the fire with a cup of water and a quarter teaspoon of cream of tartar. Boil until it reaches the soft-ball stage, and take from the fire. When almost cold begin to beat and continue until the candy becomes creamy; then turn into a shallow, buttered pan. Do not eat it until it is perfectly cold.

MAPLE DROPS

Crush maple sugar very fine and put four ounces of it and a tablespoon of water in a granite saucepan. Set it on the fire, and when the sugar begins to melt stir with a spoon for a few minutes. Let it boil for about five minutes. Have ready sheets of buttered paper and drop the maple on this by the small teaspoonful, putting the drops far enough apart so that they will not run into one another. Let them cool on the paper before moving them.

This is a recipe it is impossible to give with entire accuracy, since much of the success in making the drops depends upon the experience that has taught the exact stage at which the sugar should be taken from the fire. When this is once mastered the candy is easily and quickly made.

FUDGES AND SIMPLE NUT CANDIES

CHOCOLATE FUDGE (No. 1)

Boil together two cups of granulated sugar, half a cup of unsweetened chocolate, broken or grated, two tablespoons of butter, and one cup of milk. Stir constantly while the mixture is boiling that it may not burn, and cook for twenty minutes. Then dip out a teaspoon of the candy and test it in cold water, and when it will form a ball between the fingers flavor the candy with two teaspoons of vanilla, stir hard for a few minutes, and turn into greased tins. Cut into squares while still warm.

CHOCOLATE FUDGE (No. 2)

Cook together a cup each of brown sugar and of grated chocolate, half a cup of milk, and a quarter cup of molasses. Boil, stirring frequently, until the candy reaches the soft-ball stage; then flavor with a teaspoon of

vanilla and turn into buttered pans, cutting it into squares with a greased knife as the candy begins to stiffen.

CHOCOLATE FUDGE (No. 3)

Put two cups of granulated sugar and two thirds of a cup of milk in a saucepan and bring to the boil; add three tablespoons of grated unsweetened chocolate, and stir until this is melted. After this cook for ten minutes, put in two large tablespoons of butter, cook ten minutes longer, flavor with two teaspoons of vanilla, take from the fire, and beat until the candy hardens and begins to granulate. Turn it out into buttered pans while the mixture is still soft enough to pour, and mark into squares with a knife.

"DIVINITY FUDGE"

Bring to a boil one cup of maple sirup, two cups of granulated sugar, one cup of water, and one tablespoon of vinegar. Boil until a little of the candy hardens in cold water, flavor with a teaspoon of vanilla, and take

from the fire. At the same time the ingredients for this are put on the stove there should be set to boil in another saucepan a cup of granulated sugar with a half cup of cold water, and this should be cooked, without stirring, until the sugar will spin a thread from the tip of a skewer dipped into it. Take it from the fire, and beat into it the stiffly whipped whites of two eggs; add this to the first preparation when it commences to cool. Beat the mixture hard until it begins to stiffen; then add two cups of chopped nut kernels. Pour into greased pans and cut into squares, triangles, or strips.

MAPLE FUDGE

Put together a cup and a half of maple sugar, crushed with a rolling pin, half a cup of granulated sugar, a cup of milk, and a tablespoon of butter. Boil until it hardens when a little of it is dropped in cold water (this will require from twenty to thirty minutes). Take from the fire, and proceed as with chocolate fudge.

MARBLED FUDGE

Cook together a cup each of white and brown sugar, half a cup of milk, a small tablespoon of butter, and two heaping tablespoons of grated, unsweetened chocolate. After it begins to boil stir constantly until it reaches the soft-ball stage, flavor with a teaspoon of vanilla, and take from the fire. At the same time this is boiling cook in another saucepan a cup each of white and brown sugar, half a cup of milk, and a small tablespoon of butter. When this also reaches the soft-ball stage take from the fire. Pour the brown fudge into a shallow, greased pan, making a sheet about the thickness of a caramel, and when this has stood for a minute pour the white fudge in on top of the other. Leave them to get entirely cold before taking them out, but mark into squares with a greased knife while still warm.

NUT FUDGE

Make a fudge by any of the recipes already given, and just after it comes

from the fire add nut kernels chopped coarsely. Walnuts, hickory nuts, and black walnuts are especially good in fudge.

SEA-FOAM CHOCOLATE FUDGE

Boil together a cup of light brown sugar, half a cup of water, and a third of a cup of grated, unsweetened chocolate until a little of it spins a thread from the tip of a skewer dipped into it. Have ready the white of an egg whipped very stiff, and pour the candy mixture on this, beating all the time. When it begins to stiffen you can either pour the candy into greased pans and mark it into squares with a knife or drop it by the teaspoonful on waxed paper.

SEA-FOAM NUT FUDGE

Cook together three cups of light brown sugar, one cup of cold water, and a tablespoon of vinegar, gradually bringing them to the boil. After the mixture is well heated do not stir it, but boil steadily until a little dropped

into cold water makes a hard ball. Have ready the stiffly whipped whites of two eggs, and as soon as the sirup has stopped bubbling, after you take it from the fire, pour it on the eggs, beating all the time until it is cool enough to show signs of stiffening. Flavor with a teaspoon of vanilla and stir into it a cupful of chopped hickory nuts or English walnuts. Pour into a greased pan and proceed as with ordinary fudge or drop by the teaspoonful on waxed paper.

BUTTERNUT OR BLACK-WALNUT CANDY

Cover the bottom of a shallow pan, which you have buttered well, with the kernels of butternuts or black walnuts that have been chopped coarsely. Over them pour a candy made by boiling together one cup of fresh maple sugar, one third of a cup of water, and a heaping teaspoon of butter to the soft-ball stage. Mark it into squares while it is still soft.

HICKORY-NUT CANDY (No. 1)

Boil together one cup of light brown sugar, a quarter cup of water, and a half tablespoon of butter until a little hardens when dropped in cold water. Take from the fire, stir in the nuts, and after a few minutes' beating turn into buttered pans.

HICKORY-NUT CANDY (No. 2)

Beat to a stiff froth the whites of three eggs with two cups of powdered sugar and add a cup of hickory-nut meats chopped very fine. Drop by the teaspoonful on buttered paper laid in a pan and bake until a delicate brown in a slow oven. Do not take from the paper on which they were cooked until perfectly cold. Pecan nuts may be used instead of hickory nuts.

MEXICAN KISSES OR PENOTCHIE (No. 1.)

Cook together three cups of light brown sugar and a cup of milk to the soft-ball stage, add a teaspoon of butter, take from the fire, and stir in

a teaspoon of vanilla and a cup of chopped kernels of English walnuts, pecans, or hickory nuts. Turn out into buttered pans and mark into squares with a knife.

MEXICAN KISSES OR PENOTCHIE (No. 2)

Boil together two cups of light brown sugar, half a cup of cream or rich milk, and butter the size of an egg until it makes a soft ball when dropped into cold water. Add a teaspoon of vanilla just before removing from the fire, stir in one cup of chopped walnuts, and beat all together until the mixture begins to cream, but turn it into greased pans while it is still soft enough to pour. Cut it into squares with a knife while warm.

FRENCH NUT NOUGAT

Blanch a half pound of almonds and an equal quantity of pistachio nuts, dry the nuts in a soft cloth, and brown lightly in an open oven. Melt two cups of granulated sugar in an enameled saucepan, stirring it when heated.

After it bubbles and begins to brown stir in the hot almonds gently. Have ready a shallow pan thoroughly oiled or buttered and warmed; oil is preferable, as the salt in the butter sometimes sticks. Pour in the nougat quickly and flatten it with a half lemon dipped in melted butter or oil. All this must be done swiftly or the nougat will harden before it is in shape. Mark in strips with a buttered or oiled knife while still warm.

HONEY NUT NOUGAT

Prepare nuts as in the preceding recipe. To one and a half cups of granulated sugar put half a cup of strained honey and cook together until the mixture begins to brown. Proceed as with the French Nut Nougat.

NUT BARS

Cook together two cups of granulated sugar with half a cup of water and a saltspoon of cream of tartar until it hardens between the fingers in cold water. Take from the fire before it reaches the brittle stage. Have ready

shallow buttered pans strewn with chopped nut kernels, pour the sirup on these, and mark into bars with a buttered knife. This will be better several days after making than at first. Hickory nuts, walnuts, and pecans may all be used in this, separately or mixed.

PEANUT BRITTLE (No. 1)

Cook together a cup each of molasses and of brown sugar, two tablespoons of butter, and one tablespoon of vinegar until a little of the sirup is brittle if dropped in cold water. Have ready a cup of shelled peanuts from which all the inner skin has been removed, and after you take the candy from the fire stir into it the peanuts and a teaspoon of baking soda dissolved in a little cold water. Pour in thin sheets into greased pans and set aside to cool.

PEANUT BRITTLE (No. 2)

Melt four cups of granulated sugar in a clean saucepan over a slow fire and cook it until it is a good brown,

but not scorched. Have ready two cups of shelled and skinned peanuts. Stir them into the melted sugar and pour in a very thin sheet into buttered pans.

PEANUT CANDY

Boil together two and a half cups of granulated sugar and a half cup of water until it reaches the soft-ball stage. Do not stir. When it forms a ball between the fingers in cold water, add a tablespoon of butter and cook until the candy hardens in cold water. Add to it one cup of roasted, shelled, and skinned peanuts, turn the candy into a shallow buttered pan and cut into bars before it is cold.

WALNUT MOLASSES CANDY

Boil four cups of molasses half an hour, add a quarter teaspoon of baking soda, and cook until a little dropped in water becomes brittle. Stir in walnut kernels, cut in quarters, and turn into a buttered pan.

TAFFY, POPCORN, AND CANDY DROPS

BUTTER TAFFY

Cook together in an agate saucepan two cups of brown sugar and three large tablespoons of butter. If the butter is rather salt, wash the salt from it before you put it with the sugar. Cook together, without stirring, until a little of the candy, dropped into cold water, is brittle enough to break between the fingers. Turn into greased pans in a thin sheet and mark into squares with a knife before the candy cools. When cold, keep it wrapped in waxed paper.

LEMON TAFFY

Put a cup of brown sugar, a half cup of cold water, a tablespoon of vinegar, and a tablespoon of butter together in an agate saucepan and bring to a boil. Cook until the candy is brittle when dropped in cold water, take it from the fire, add to it the juice of

a large lemon, and pour into a greased pan in a thin sheet. Set aside to cool. You may either mark this into shape with a knife or break it into irregular pieces after it is hard and crisp.

MAPLE-SUGAR TAFFY

Put together three cups of crushed maple sugar, two cups of light brown sugar, and a cup and a half of water. Boil together until a little of it is hard in cold water, turn in a thin sheet into a buttered pan, and put aside to cool.

MOLASSES TAFFY (No. 1)

Heat a cup of sugar, two tablespoons of water, and one tablespoon of butter, and when it reaches the boil put in half a cup of molasses. Boil until the candy is brittle in cold water, and pour into buttered tins in as thin a sheet as possible.

MOLASSES TAFFY (No. 2)

Boil a cup of brown sugar, four cups of molasses, and a half cup of butter until it is brittle when dropped in

cold water. Pour in a thin sheet into a buttered tin and put aside to become cold.

MOLASSES NUT TAFFY

Make taffy by either of the preceding recipes and just before taking the saucepan from the fire stir into the candy shelled and broken nut kernels of any sort, gauging the quantity by your preference. Should you wish a heavy mixture of nuts, allow more kernels; if you prefer to have the nuts sparsely sprinkled through the taffy, put in only a few of them.

MOLASSES POPCORN TAFFY

Cook three cups of molasses, two cups of sugar, and one cup of water together until it is brittle in water; stir into it two cups of freshly popped corn and pour out into well buttered pans. You will have some difficulty in cutting this into accurate squares, and it is as well to wait until the candy is cold and then break it into irregular pieces.

OLD VIRGINIA MOLASSES TAFFY

Put a pint of New Orleans molasses over the fire in a saucepan and boil for twenty minutes. Stir in a quarter teaspoon of baking soda and boil fifteen minutes longer, or until a little, dropped into cold water, becomes brittle. This candy must be stirred constantly while it is cooking or it will scorch. When it reaches the brittle stage, add a teaspoon of vinegar and a tablespoon of butter and pour into well buttered pans. Mark with a buttered knife after the candy begins to form, before it is really hard.

SUGAR TAFFY (No. 1)

Stir together over the fire two heaping cups of granulated sugar and a cup of cold water until the sugar is dissolved; add a saltspoon of cream of tartar dissolved in a tablespoon of cold water, and boil the candy until it hardens in cold water. Take it from the fire, flavor with a teaspoon of vanilla or lemon juice, turn into a buttered pan in a thin sheet, and put aside to harden.

SUGAR TAFFY (No. 2)

Dissolve three cups of sugar in a cup of water in an agate saucepan over the fire and bring to the boil. When you ascertain by testing the candy in water that it can be made into a soft ball between the thumb and finger, add three tablespoons of butter and a teaspoon of lemon juice, and continue to boil until the candy is brittle when dropped into cold water. Flavor with two teaspoons of vanilla; pour in a thin sheet into buttered pans and set aside to cool. Do not stir this candy while cooking—only until the sugar is dissolved.

POPCORN BALLS

Boil together a cupful each of molasses and brown sugar, and a tablespoon of vinegar. When it has cooked for twenty minutes put in two tablespoons of butter. Then cook until the candy reaches the brittle stage, and stir in enough popcorn, freshly made, to form a mixture as stiff as can be stirred. When it is cool

enough to handle, form it into balls with buttered hands and then roll the balls in popped corn until the outside of the balls is coated with all the corn that will adhere to them. Wrap each ball in waxed paper.

LEMON DROPS

Squeeze the juice of three large lemons into a bowl, mix with it granulated sugar until you have a thick mixture — as much sugar as the juice will take up. Put this into a saucepan, bring to a boil, and cook for five minutes after this point is reached. Have ready sheets of waxed paper and drop the lemon mixture on the paper by the coffeespoonful. If you have a small candy dipper, such as comes for this purpose, so much the better. Set the sheets with the candy drops on them aside to dry, and when dry remove the candies from the paper and put in a box.

PEPPERMINT DROPS

Put together in a saucepan four even tablespoons of granulated sugar, one

tablespoon of water, and three drops of essence of peppermint. Set the saucepan on the stove and stir the mixture for three minutes after it melts. Take from the fire, and drop the candy on the waxed paper as directed in the preceding recipe.

WINTERGREEN DROPS

Proceed as for peppermint drops, substituting three drops of essence of wintergreen for the peppermint. By the addition of a drop or two of vegetable coloring you may have these drops whatever tint you choose.

CREAM PEPPERMINT DROPS

Put half a cup of cold water and two cups of granulated sugar into a clean saucepan and boil slowly, without stirring, until it spins a thread from the tip of a skewer dipped into it. Take from the stove, leave it untouched until it is about blood-warm, then stir steadily, always in one direction, until the mixture begins to become creamy. Flavor to taste with essence of pepper-

mint, adding this cautiously so as not to get the flavor too strong. Drop by the teaspoonful on waxed paper, being careful not to put the drops so close together that they will run into each other. A candy dipper is even better for this purpose than a teaspoon.

CREAM WINTERGREEN DROPS

Make by the same process as the cream peppermint drops, using wintergreen instead of peppermint flavoring.

NUT AND FRUIT CANDIES AND MARSHMALLOWS

ALMOND SQUARES

Stir together in a saucepan two cups of granulated sugar and one cup of water until the sugar is dissolved; bring to a boil, and cook to the soft-ball stage. As the crystals of sugar gather on the sides of the saucepan wipe them off with a bit of wet sponge. Add a teaspoonful of lemon juice and cook until the sugar begins to brown delicately. Have ready a quarter pound of almonds, shelled, blanched, and browned to a very pale brown; drop these into the boiling sirup and pour the candy at once into a buttered, shallow tin. Do not stir after the nuts go in or the candy may granulate. Use half a lemon to flatten the candy, pressing the cut side down upon the surface. If you do not wish the added lemon flavor, dip the lemon in melted butter before pressing it on the candy.

Should you wish a stronger taste of almond, add five or six drops of bitter almond flavoring at the time you put in the lemon juice. Cut the candy into squares with a buttered knife before it cools, and then leave it in the pan until entirely cold.

CANDIED NUTS

Boil together a cup of sugar and a quarter of a cup of water, without stirring, until the point is reached where the candy is brittle when dropped in cold water. It should be just short of the stage where the sirup begins to change color. Keep a piece of soft cloth or a small sponge on hand, and wipe off the crystals of sugar that are thrown up on the sides of the saucepan from the boiling sirup. Have ready kernels of English walnuts, pecans, Brazil nuts, or blanched almonds, which should have been dried and heated in an open oven. Drop these into the sugar, one at a time, and lift out with a pair of candy tongs. Lay on waxed paper. Work fast, for

the sugar hardens quickly. It is well to keep it hot by placing the saucepan containing it in an outer vessel of boiling water. If too stiff, add a few drops of hot water.

CANDY PUDDING

Moisten four cups of light brown sugar with two tablespoons of vinegar and a quarter cup of cold water; put over the fire and boil until it reaches the soft-ball stage; add a small tablespoon of butter, and cook five minutes longer. Have ready fruit and nuts—a half pound each of citron and of figs, cut into strips; a half pound of raisins, stoned; a quarter pound of shelled almonds, blanched and cut in half; a quarter pound of English walnut kernels, broken into bits. Stir these into the boiling sugar, take from the fire, beat hard for two or three minutes, and then pour into a pudding cloth, wet in cold water. Roll the candy up in this, as you would a boiled pudding, twisting the ends of the cloth to hold the candy in shape,

and let it get entirely cold before removing the cloth and cutting the candy into slices.

CREAMED ALMONDS

Stir two cups of granulated sugar in a quarter cup of water until dissolved; put over the fire, and stir constantly while boiling. When it spins a thread drop in blanched almonds, one at a time, taking them out at once and laying them on buttered paper or on buttered plates to harden.

FRUIT BARS

Boil four cups of granulated sugar and a cup of water in an agate saucepan, stirring until the sugar is dissolved. Cook until the sugar begins to turn a delicate strawcolor; take it from the fire. Have ready greased pans, and a few minutes before the sugar is ready to be removed from the stove strew in the pans shredded figs, citron, coconut, and dates, seeded raisins, and, if you wish, candied lemon and orange peel. Pour the candy over this,

taking pains to distribute it evenly. If this is difficult to achieve, press the candy flat with a half lemon, either plain or dipped in butter. Before the candy hardens, cut it into bars with a buttered knife and leave it in the pan until entirely cold.

KISSES

Whip the white of two eggs stiff, beat into them gradually two cups of powdered sugar and two tablespoons of cornstarch. Flavor to taste with vanilla, lemon, or bitter almond. Drop by the teaspoon on buttered paper, having a care not to put them near enough together to run into one another, lay the paper on flat pans or tin sheets, and bake in a very slow oven. They should take ten to fifteen minutes to cook, and must be allowed to become completely cold on the paper.

MARSHMALLOWS

Put four ounces of powdered gum arabic into a teacup of cold water and leave it untouched for two hours;

turn then into a double boiler, filling the outer vessel with cold water and bringing this slowly to a boil. Cook until the gum arabic in the inner vessel is entirely dissolved, strain it through a piece of coarse muslin, and return to the double boiler with a full cup of powdered sugar. Stirring continually, cook until the sugar and gum arabic water are stiff and white, then remove from the stove and beat hard for a couple of minutes. Flavor to taste with vanilla, beat hard again, and turn the mixture into square tins which you have sprinkled thick on the inside with cornstarch. When the candy is cold cut it into squares with a knife and roll the marshmallows in a mixture of three parts of cornstarch and one part of powdered sugar. Unless they are to be eaten the day they are made keep them in tin boxes. They dry out and harden very quickly.

MARSHMALLOWS (CHOCOLATE)

Follow the first stages given for making plain marshmallows up to the

point where the strained gum arabic is returned to the boiler. Add to the sugar put with it then two tablespoons of grated chocolate. Let this cook for half an hour, or until the chocolate is well blended and the mixture is stiff, then proceed as with plain marshmallows.

MARSHMALLOW DAINTIES

Arrange your freshly made soft marshmallows in square pans, which you have buttered well, placing the marshmallows a little distance from each other. Into the top of each press a candied cherry, pushing it down so that it will stay in place. Or, if you prefer, you may put there a square of citron or pineapple, although the cherries are more ornamental than any other fruit. Make a fudge mixture by cooking together two cups of granulated sugar, a half cup of milk, and a tablespoon of butter until they reach the brittle stage. Then pour the sirup around the marshmallows, using great care not

to let the candy come up so high as to cover the cherry. Set aside to cool, and cut into squares, having a marshmallow with its cherry on top in the center of each square. These are far better if made the day they are to be eaten, as the marshmallows toughen very quickly.

MAPLE MARSHMALLOW DAINTIES

Proceed as in the foregoing recipe, but make the candy to surround the marshmallows by breaking a pound of maple sugar into small pieces, putting it over the fire with a cup of milk, adding a tablespoon of butter, and cooking until a little, dropped in cold water, becomes brittle. Pour this over and around the marshmallows as directed for Marshmallow Dainties. When you use the maple sugar you may put an almond or pecan kernel or other nut on top of each marshmallow instead of the cherry.

ORANGE OR LEMON PEEL CANDIED

When peeling the fruit cut the rind into quarters, then into strips, lay

them in a saucepan, cover them with cold water, and bring this to a boil. Drain, and to the peel of six oranges or of twelve lemons allow two cups of granulated sugar and one cup of cold water, put over the fire in a saucepan and bring to a hard boil. At this stage lay in the peel and continue boiling, watching carefully that the peel does not scorch. Do not stir, but lift the peel with a fork from time to time, so that it does not stick to the bottom of the vessel. When the sirup has boiled away almost entirely, remove the saucepan from the stove, stir into the contents a cup of granulated sugar, and stir this about with a fork until the mixture is almost cold. Separate the strips of peel with the fork and the fingers, and spread out on a plate to dry. Keep in a tin box until it is to be used. It dries out quickly.

ORANGE STRAWS

For this confection it is well to select thick-skinned oranges. Remove the peel carefully, cutting it into long

strips about a quarter of an inch in width. Lay the peel on the stove in a pan of boiling water, cook for five minutes, drain, cover with boiling water and boil for five minutes more, then pour off the water and once again cover with boiling water and cook five minutes longer. Drain thoroughly, and leave it in the colander while you make a sirup by boiling together a cup of sugar and three tablespoons of water. As soon as it reaches the boil lay in the peel and cook for about twenty minutes, or until the sirup is taken up by the peel, lifting this from time to time with a fork to make sure it does not scorch. Take from the fire, and roll each strip—or straw—in granulated sugar, spread out on paper. Line a pan with paper, lay the straws on this; when the bottom of the pan is covered, set in a warm oven until the straws are dry. Do not let it become too hot, or the sugar will melt. The work must be done quickly. A cup of sugar should serve to candy the peel of six medium-sized oranges.

MOLASSES, SUGAR, AND CREAM CANDIES

MOLASSES CANDY (No. 1)

Put a quart of good dark molasses—New Orleans preferred—over the fire with a cup of brown sugar and a half cup of vinegar. Cook until a little of it hardens when dropped in cold water, then stir in a tablespoon of butter and a teaspoon of baking soda dissolved in cold water. Pour the sirup into buttered platters or large, shallow tins. The more surface it covers the sooner it will cool, but if turned into a deep dish or pan it will be a long time before it reaches the stage where it can be pulled. As soon as it arrives at the temperature where it can be handled without actually blistering the fingers, begin to pull it, taking only a small quantity at a time. Use the finger tips, buttering these well to begin with and working as quickly as possible. The longer

the candy is pulled the whiter it gets, and in practiced hands it may be brought to a glistening whiteness and then braided into long or short sticks.

You will be aided in pulling your candy if you have secured to the door or window frame a strong hook over which you can throw your rope of candy and pull. There is great fun for a group of young people if they pull in pairs, each holding one end of the candy rope, and in my childhood, when we had candy "stews" down in Virginia, no one ever thought of any other fashion of pulling the candy. But the hook is a modern improvement worth having, and saves labor and effort. Hold the candy firmly, even though with the tips of the fingers. If you let the candy rope slip through the hands it will make them sore, and in all probability raise blisters as well.

You may either leave the candy with only the molasses flavoring or you may put in lemon juice to taste.

MOLASSES CANDY (No. 2)

Boil four cups of New Orleans molasses, stirring constantly to keep the molasses from boiling over the top of the kettle. A large saucepan should be used or you will have an overflow. At the end of half an hour's steady boiling put in half a teaspoonful of bicarbonate of soda dissolved in a little cold water, and keep up the boiling. Test it from time to time in cold water, and as soon as it is brittle take it from the fire and proceed as directed in the recipe for Molasses Candy (No. 1).

MOLASSES VELVETS

Put into a large kettle three cups of sugar, one cup of molasses, one cup of boiling water, and three tablespoons of vinegar, and bring to a boil. When this point is touched stir in a half teaspoon of cream of tartar and boil until a little of the candy is brittle when dropped in cold water. You must stir continually during the cooking. When the candy has reached

the soft-ball stage add a quarter teaspoon of bicarbonate of soda dissolved in a little cold water and half a cup of butter, then boil until the brittle period is attained. Move the kettle to the side of the stove, and as soon as the contents stop boiling add a teaspoon of vanilla or lemon extract or any other flavoring you wish, turn the candy out into buttered pans or dishes, and proceed as with ordinary molasses candy. When it has been pulled into sticks you may cut it into short lengths with a pair of old scissors.

VINEGAR CANDY

Put into a saucepan one and one-half cups of vinegar and three cups of granulated sugar, the sugar stirred with the vinegar until entirely dissolved. Bring to a boil slowly and cook until it spins a thread from the tip of a skewer. Turn out into shallow buttered pans or dishes, and pull as you would molasses candy.

SUGAR CANDY

Cook together, without stirring, three cups of granulated sugar and half a cup of vinegar and water mixed in equal parts until a little of it, dropped from a spoon into cold water, becomes brittle. Dissolve a teaspoon of soda in hot water and add this and a tablespoon of butter to the candy, take it from the fire, pour into flat dishes, and pull as you would molasses candy.

LEMON CREAM CANDY

Put four cups of granulated sugar over the fire with one cup of cold water. Stir until dissolved, then let it cook steadily until it reaches the stage where a little hardens in cold water. Add the soda, take from the fire, flavor with a teaspoon of lemon juice, pour out into shallow buttered dishes or pans, and pull as soon as it is cool enough to handle. When pulled it will be brittle enough to break into pieces of any length desired.

ORANGE CREAM CANDY

Make by preceding recipe, but instead of using the lemon juice in flavoring stir in the grated rind and the juice of an orange just before removing the saucepan from the fire.

ROSE-RED CREAM CANDY

Put into a saucepan two cups of granulated sugar and one cup of water in which have been dissolved a teaspoon of powdered gum arabic and a half teaspoon of cream of tartar. Set over the fire and stir until the sugar is melted. Boil until the sirup is a little past the soft-ball stage but not brittle when dropped into cold water, wiping off with a sponge from the sides of the saucepan the sugar crystals that rise from the boiling sirup. Just before taking the candy from the fire stir into it enough prepared vegetable pink to bring the mixture to the color you wish. You may flavor this with rose or with raspberry. Pour the candy out on a large platter or on a tin that has been

well buttered, and as soon as it is cool enough to handle, pull until crisp.

SNOW-WHITE CREAM CANDY

Prepare exactly as in the preceding recipe, omitting the coloring matter and flavoring the candy with lemon or vanilla. You can gain a pretty effect by braiding the pink and white strands when they have been pulled to the point where they have not quite reached crispness. The untinted candy should be very white.

VANILLA CREAM CANDY

Cook together four cups of granulated sugar, one quarter cup of vinegar, three quarters cup of water, two tablespoons of butter, without stirring, until it is brittle when dropped into cold water. Take from the fire, add a tablespoon of vanilla, turn on a buttered, shallow pan or a platter, and pull until white and crisp. Break into pieces of the length you wish.

VARIEGATED CREAM CANDY

Put into a large saucepan or preserving kettle four cups of granulated

sugar, one cup of water, one tablespoon each of butter and of vinegar, and half a cup of cream into which you have stirred a bit of soda the size of a pea. Boil until it reaches the brittle stage. Meanwhile cook together in a double boiler another half cup of cream into which you have stirred three tablespoons of grated and melted chocolate. Let these simmer together until well blended. When this stage is reached, dip out a cupful of the boiling candy and stir it into the cream and chocolate mixture. Leave this at the side of the stove, where it will keep warm without cooking, while you flavor with a tablespoon of vanilla the sirup still in the kettle; turn the plain sirup out into broad platters, or into pans, well buttered. On it, here and there, put large spoonfuls of the chocolate mixture. As soon as the candy is cold enough to handle, pull it with the tips of the fingers. It will be prettily marbled after you have finished.

You may add still another color to this confection by putting with a

portion of the sirup enough pink vegetable coloring, such as may be bought of any good grocer, to tint this a pale pink. In this case flavor the plain-colored sirup with lemon and the pink with vanilla, and dispose the latter on the plain-colored variety in such a way as to make a pretty combination with this and the chocolate.

VIRGINIA BARLEY SUGAR

Stir together two cups of granulated sugar and a half cup of water until the sugar is dissolved, wiping the sugar crystals from the side of the saucepan. Boil, without stirring, until the sample of sirup put into a cup of ice-cold water is brittle enough to snap as you touch it. Turn out of the saucepan on a large buttered platter and when cool enough to handle cut off small pieces with a buttered knife. Each piece should be about the size of an almond. These you can either pull into slender sticks or you may lay them on a buttered plate and roll them with the greased palm into thin

sticks that you may braid or twist together. Break or cut into short lengths, working rapidly lest the sugar become too hard to manage before you have finished.

You may diversify these sticks by dividing the sirup before it is quite cooked, putting different portions into different vessels and then coloring or flavoring them so as to have a variety. If you mean to braid the separate tints you can hardly do the work without help, for before the work is done the sugar will harden too much to be handled. A pretty assortment may be secured by using the pink and the green vegetable colorings and mixing these with the white or light yellow of the untinted sirup. Rose, peppermint, wintergreen, almond, vanilla, lemon, or orange may be used to flavor the candies.

VIRGINIA CRISPS

Cook together two cups of molasses, one cup of brown sugar and half a cup of butter until brittle in cold water. Pull quickly into very slim sticks and break or cut into small pieces.

FRENCH CANDIES AND FONDANT

HOW TO MAKE AND USE THE FONDANT

The fondant, which is the foundation of French or fancy candies, is at once a simple and a difficult thing to make. Simple, because it consists only of water and sugar cooked together with a dash of cream of tartar; difficult, because extreme care must be employed in the making, and observation and experience must both aid in determining how to mix and manage it. The recipe I give for cooked fondant is that established by many candy makers, but only practice can teach the beginner the stages through which the fondant passes in the cooking and using, and there is need of much patience to keep from becoming discouraged because of occasional failures.

Uncooked fondant has its place in candy making and is easier to work

with than the cooked variety, but the latter is more satisfactory in the end, and the person who aspires to be a good candy maker must conquer the process sooner or later.

Let me begin with a few general directions. Others will present themselves in the course of further instructions.

First: understand that your fondant should be made the day before it is to be used for your candies.

Second: fondant should not be made on a damp or rainy day. The moisture affects the sugar badly.

Third: no matter what quantity of candies you intend to prepare, never use more than a pound (two cups) of sugar and a gill (half a cup) of water at a time. If you try to work with larger proportions you provoke difficulties and complications, and it is better to cook three or four saucepans full, should you require so large a supply, than to attempt to double your proportions at one cooking.

Fourth: handle the sirup carefully

while it is cooling; do not scrape the sugar from the sides of the saucepan when emptying it; do not shake the dish in which it awaits the stage at which you can handle it. Either of these courses is likely to make the sirup granulate and become sugary instead of creamy.

Have a clean enamel or agate saucepan for your fondant. Put in two cups of granulated sugar and a half cup of boiling water; stir until it has dissolved—*not a minute longer.* Take out the spoon and let the sugar and water come to the boil. Have ready a soft paintbrush with a handle about six inches long, or a small sponge securely attached to a stick of the same length as the brush, or even a swab made of a piece of clean soft linen tied to a stick. As the grains of sugar are thrown up against the sides of the saucepan in boiling, use the brush or the sponge or the swab to wipe them off. It should be moistened in cold water, but not dripping wet. These particles of sugar falling back

into the sirup would tend to make it granulate.

Begin to test the sugar at the end of ten minutes by dipping out a little with a teaspoon and dropping it into a cup of cold water. When it falls to the bottom of the cup, and you can take it up in a soft ball between your fingers, the fondant is at the right stage to remove from the fire. Lift it carefully and, still carefully, pour it into a shallow bowl or pudding dish and leave it to cool. Take great pains not to jar it.

As it cools watch it closely, and if the film which spreads over the top is jelly-like your fondant is all right, but if it should be sugary you can not hope for creamy candy and would do well to add a few spoons of water to the sugar, return it to the fire, and boil it again, repeating the process of testing it in water as you did at first. Or you may put the sugar back on the stove, cook it to the brittle stage, and use it for taffy.

When the sugar is cold enough for

you to bear your finger in it—and make the trial with caution, or you will have a bad burn—stir it with a wooden paddle or with a spoon until it is a paste stiff enough to be worked with the hands as you would bread. Knead it until it is soft and smooth, and then put it into a bowl and cover it closely with a damp cloth, or wrap it in two or three thicknesses of waxed paper and put it aside in a closed tin box or a jar with a top until you are ready for it.

As I have already said, you will see that this process appears most simple, and so it is. At the same time, you cannot neglect any of the small precautions or you may have trouble. The danger of granulation or sugaring is the chief trouble and I have warned you of the precautions to use against this. The addition of a saltspoon of cream of tartar when the sugar has been boiling about five minutes is said to prevent granulation. The other risk, of boiling the candy too long, must also be foreseen, and this may be

shown by the fondant being hard and lumpy and difficult to knead. In that case it is best to put it back over the fire and cook to the taffy stage, starting with a fresh stock of sugar and water for your fondant.

There is practically no end to the combinations of candies which may be made with fondant, either as centers or for dipping fruits, nuts, and the like, or in a mixture with these, or as flavored bonbons by itself. You may color the last to suit yourself, either by the purchase of the French vegetable colorings, which are excellent and entirely harmless, or by making tints for yourself—green, by laying spinach leaves in cold water for quarter of an hour, then shaking the moisture from them, crushing them in a cheese cloth in a mortar with a pestle or in a bowl with the back of a spoon and saving every drop of the juice; pink, from raspberry or currant juice or by mashing a little cochineal to a paste with a few drops of water and straining this into your candy; yellow, from grated

orange rind or lemon rind; brown, from chocolate or coffee. Practice and experiment are your best helpers in this line, as they are in devising new candy combinations with the fondant as a starting point.

To use your fondant when you are ready for the candy making, form your sugar dough with your fingers into the shapes you wish,—balls, cones, squares, what you will. That is for the candy which is to be dipped into an outer coating of chocolate or to be used for the centers of nuts or stuffed fruits. You can, also, mold it into shapes or press it into pans, after you have worked flavoring and fruit or nuts into it, and cut it into strips or blocks or bars. Should it seem too hard to handle easily, stand the vessel containing it in an outer vessel of boiling water and stir the fondant until it is soft enough to handle. Keep stirring all the time it is heating or it will go back to clear sirup, and remember that after each heating it is harder than it was before,—and it

hardens with uncanny rapidity as it cools.

So have everything you need close at hand before you begin work, that you may not have to stop the process in the middle and leave your fondant to chill and solidify while you hunt up something you must have before you can go on with your candy making.

When you dip candies you may either melt your fondant in hot water as above directed, and dip your candies in it—this is when making candied nuts, fruits, etc,—or you may make a fresh fondant and when it reaches the right stage dip the fruits or nuts into this. Directions for making this will be given in the section devoted to describing the manufacture of these candies. Always bear in mind, however, the swiftness with which you must work when the fondant is melting, and either have some one help you in making your candies or study every method for accelerating your own motions and guarding against delays of any kind.

A word as to the flavorings you use with fondant. In the first place, they should be highly concentrated, as you wish to employ them in minute quantities. Have oil or essence of rose, of peppermint, of wintergreen. Make your own coffee by dripping a coffee-cup of water and a tablespoon of finely ground coffee and pouring it through six or eight times, until every drop of the flavoring is extracted. Get the vanilla bean or vanilla sugar, use raspberry or currant or other fruit sirup, or orange or lemon juice from the ripe fruit. Study and invent fresh combinations, and learn what flavors go best together.

One value of the uncooked fondant is that it may be made without heat and used quickly, and for this reason candy making with the uncooked variety commends itself to those who do not care to stew themselves over a stove as well as to those who have not the time nor patience to bestow upon the processes of the cooked candy.

It also has its uses as a means of

entertaining a party of young people who wish to enjoy an evening of candy making without the risk of burnt fingers or scorched sugar. The following recipe for the Uncooked Fondant I can commend as trustworthy.

UNCOOKED FONDANT

Mix the white of one egg with an equal quantity of cold water, and with a silver fork stir into these enough confectioners' or XXX sugar to make a mixture you can mold or shape with the fingers as you could bread dough. Form this as you choose, dipping your fingers in dry sugar to keep the paste from sticking. You may make marbles or cones for the centers of chocolate and dip these as you do the centers of chocolate creams made with cooked fondant; you may use the fondant for stuffing dates or figs or raisins or other dried fruit; you may fashion bonbons and stick nut kernels or cherries or strips of crystallized fruit on them; you may work into the

paste any coloring or flavoring you choose, and restore it to the proper stiffness by the addition of sugar. You cannot dip fruits or nuts in the uncooked fondant or use it for candying flowers or fresh fruits, but you can mingle it with chopped nuts and fruits and produce tutti-frutti fondant squares or bars; you can add chocolate or coconut to it, and in various other ways prepare candies which are pretty to look at and good to the taste as long as they are fresh.

CHOCOLATES, NUTS, FRUITS WITH COOKED FONDANT

CHOCOLATE CREAMS (No. 1)

Make your fondant into centers of the size you wish, either small balls or cones, and let them stand on waxed paper for several hours to harden. Melt unsweetened chocolate in a double boiler, and into this dip your balls, either by sticking a toothpick into each one and dipping and drawing out the ball by this means, or with the help of a perforated spoon or candy dipper. Do the work quickly, and as you take out each ball deposit it on waxed paper, leaving it to get hard before touching it. Dip but one ball at a time, and if the coating is not sufficiently thick repeat the process when the first coating has become cold and hard, melting again the unsweetened chocolate. You will do better work if the chocolate is in a shallow rather than a deep vessel.

The former is easier to use. If you wish vanilla flavoring for the fondant work vanilla sugar into it before you make it into balls.

CHOCOLATE CREAMS (No. 2)

Prepare your fondant as before directed, working into it vanilla sugar or any other flavoring you wish, recollecting not to soften it too much to handle it well. Let your balls or cones dry for several hours, ranged on waxed paper, before you begin to dip them. Melt unsweetened chocolate in a double boiler, and to this add an equal quantity of fondant, which you have melted by putting it in a cup set in a vessel of boiling water. Stir steadily until it is melted and then blend with the chocolate. If the mixture is too thick, add a very little hot water, two or three drops at a time, taking pains not to thin it so that it cannot be used with success; have your perforated spoon or your candy dipper at hand, rubbed with a little melted butter, and as you drop your fondant ball

or cone into the chocolate mixture with one hand be ready with the other to take it out the instant it has been immersed. Shake off into the chocolate any drops which may be dripping from the spoon and deposit the balls with their chocolate coating on the waxed paper. Bear in mind that the centers are made of sugar, and will melt if allowed to remain in the hot chocolate for more than an instant.

When the chocolate mixture hardens during the dipping, as it sometimes will even when standing in an outer vessel of hot water, set it back over the fire again and bring the water to a boil long enough to soften the chocolate to the required state.

CHOCOLATE BUTTER CREAMS

Put a cup of granulated sugar over the fire with a tablespoon of good butter and two tablespoons of rich cream, and boil until it makes a soft ball in water. When cool, beat it as you would other fondant, until it is very white and of a doughy consistency.

Flavor by the addition of vanilla sugar or a few drops of vanilla, and make it into balls. Set these aside to cool. Make a chocolate mixture as directed in the preceding recipe, with unsweetened chocolate and an equal quantity of melted fondant, and dip the balls in this, using a perforated spoon, a candy dipper, or even a fork. Dry on waxed paper.

CHOCOLATE COCONUT CREAMS

Into four tablespoons of fondant work two tablespoons of grated coconut, dried in the oven but not browned. If you cannot get the fresh coconut use the desiccated, but this, to my mind, lacks the excellence of the fresh. Flavor with vanilla sugar or, if the fondant seems too dry and hard, use a few drops of vanilla extract. Make the mixture into balls, and when they have hardened on waxed paper for a couple of hours, dip them into the melted fondant, which you have mixed with melted, unsweetened chocolate.

CHOCOLATE FRUIT CREAMS

Use for this any candied fruit you wish. Cherries may be left whole, plums and the like may be quartered, raisins seeded, citron, crystallized ginger, or candied pineapple cut into dice, and any of them may serve as centers for balls or cones of fondant. After these have stood several hours, and are firm, they may be dipped into the chocolate and fondant mixture like Nut Chocolate Creams. Only dried or crystallized fruits may be used for this purpose, as moisture from the fresh fruit would soften the fondant coating.

CHOCOLATE NUT BALLS

Blanch and chop fine almonds and pistachio nuts in the proportion of six of the almonds to one of the pistachio nuts. Or you may use chopped English walnuts or hickory nuts or pecans or Brazil nuts. Knead these into a tablespoon of the fondant, flavor with a few drops of bitter almond, and make into balls or cones. When

they have stood two hours dip them into melted fondant, flavored and colored, or into the chocolate mixture already given.

CHOCOLATE NUT CREAMS

Blanch almonds, split filberts, halve the kernels of larger nuts, and set them in the open until entirely dry and slightly warm. Make a ball of a small quantity of fondant, using the nut as the center and enveloping the kernel entirely in the sugar. When cold and firm, dip into unsweetened chocolate and melted fondant prepared as in recipe for Cream Chocolates No. 2. Let them become entirely cold on waxed paper before handling.

COCONUT CREAM BALLS

Make as directed for centers of Chocolate Coconut Creams and dip them in fondant melted, flavored, and tinted to suit your taste.

CREAMED ALMONDS

Shell and blanch Jordan almonds, make small slightly flattened balls of the fondant, and on each side of these place an almond kernel, pressing them into the sugar until they adhere firmly.

CREAMED CRYSTALLIZED FRUITS

Cherries, plums, peaches, or any other candied fruit with stones or pits may have these removed and replaced with little rolls of the fondant.

CREAMED DATES

Select large, fleshy dates, remove the stones, fill the dates with the fondant as directed in the preceding recipe, and then roll them in powdered sugar. Keep them in a box, that they may not dry out before using.

CREAMED ENGLISH WALNUTS

With your fingers make a ball of the fondant, softening it over hot water if it is too hard to handle easily and moistening it with a few drops of any flavoring you wish, so that when it

becomes firm it may not be too hard. Have ready the halved kernels of English walnuts, and lay the ball of fondant between them, pressing them into the fondant that they may hold fast to it. Lay them on a plate to dry and harden.

If you wish, you may roll them later in the white of an egg—unbeaten—and then in granulated sugar. This gives them an attractive sparkle.

CREAMED FIGS

Soak pulled figs in sherry, first washing them in clear water and letting them become entirely dry before putting them into the wine. Leave them in this for a couple of hours, then take them out and lay them in a colander to drip for half an hour. Open them at the stem end, thrust in a flat cake of fondant about the size of a quarter and three times as thick, roll the figs in powdered sugar, and lay them in a box lined with waxed paper.

FRUIT ROLLS

Chop fine candied fruits—pineapple, ginger, cherries—and put with them a few seeded raisins. Work these into the fondant, form into rolls, and dip as you do the Coconut Creams or Chocolate Coconut Creams. Or you may make them into balls or cones or small square blocks, the shape and size of caramels.

SPICED SQUARES

Take from the mass of fondant about a half cupful, flatten it out, work into it a coffee spoonful of Maraschino, sprinkle it with the same quantity of ground cinnamon and half as much cloves and nutmeg, and knead until the spice and the liqueur are well worked into the fondant. Press it into a shallow mold with straight sides and cut it into square blocks. Wrap each of these in waxed paper and keep all in a box.

TUTTI-FRUTTI SQUARES

Into four or five tablespoons of fondant knead a tablespoon of chopped

citron, crystallized ginger and pine-apple, blanched almonds, seeded raisins, and a few candied cherries. Flavor with lemon juice and a few drops of rum, taking pains not to make the fondant too soft to handle, press into a shallow mold with straight sides and cut into squares; wrap these in waxed paper.

VARIEGATED TUTTI-FRUTTI

Divide your fondant into four parts. Flavor one with vanilla, and leave it white; work a little grated lemon rind and a few drops of the juice into the second portion, making it a pale yellow; color the third with melted, unsweetened chocolate, kneading this into the fondant with a spoon; add to the fourth enough raspberry sirup to tint it pink and flavor it delicately. Each one of these should be made into a ball, then flattened with the hand and a broad-bladed knife, like an ice-cream slicer, and trimmed into thin strips, about an inch wide and as long as the material in them

will permit. Lay a strip of chocolate for a foundation on waxed paper; on this place the yellow, next to this the vanilla,—the white,—and last of all the pink. Press these closely together, so that they will adhere to one another without blending. Wrap in waxed paper and leave for half a day, then trim off the ragged or uneven edges with a sharp knife and cut the candy into blocks, each having all four flavors and colors in it.

MISCELLANEOUS SWEETMEATS WITH COOKED FONDANT

CANDIED ROSE LEAVES

Add to a cup of fondant three drops of lemon juice, and stir over hot water or in a vessel set in a pan of hot water until thoroughly melted. Have fine, perfect rose leaves, which you have spread out and allowed to become dry but not crisp. Dip each rose leaf in the fondant, take it out carefully with the point of a toothpick, and lay on an oiled board or a sheet of waxed paper to dry.

Candied Mint Leaves can be prepared in the same way.

CANDIED VIOLETS

Follow recipe for Candied Rose Leaves, holding the violets by the stems to dip them and laying them on waxed paper or in an oiled colander to dry. When they have stood for several hours they should be ready to be put away, but if they do not

seem sufficiently sugared, repeat the dipping process. The work of candying flowers is not simple and is hardly worth the trouble it costs to do it at home, unless one has plenty of flowers, unlimited time, and boundless patience.

CHOCOLATE CHESTNUTS

For this you must use the French chestnuts or marrons, either the candied or those conserved. If the latter, they must be drained from sirup and dried in a warm oven. Melt equal parts of unsweetened chocolate and fondant, flavor with a little vanilla, and into this dip the chestnuts, using a candy dipper or a perforated spoon. Tap this against the side of the saucepan as you lift the nut from the fondant, then lay it on waxed paper. While dipping your nuts or fruit, always keep the fondant in a vessel set in another of boiling water.

CHOCOLATE MINTS

Prepare peppermint creams from the fondant by adding to it a few drops of essence of peppermint and

then dropping the softened fondant by the coffee spoonful on oiled paper, taking pains to put the mints far enough apart to keep them from running together. If you choose you may color them pale green with spinach coloring or delicate pink with cochineal or you may use the vegetable colorings, or even leave them white, as they are to be coated with chocolate. Let them become cold and hard before dipping them. Prepare the coating of equal parts of melted chocolate and fondant. Drop the mints into it one at a time with the left hand and remove with the candy dipper or perforated spoon or fork held in the right hand. If they are left in longer than the second needed for dipping them they are likely to melt. There is always danger of this with fondant, but especially so with the thin mint or wintergreen drops.

CHOCOLATE WINTERGREENS

Prepare as you do the peppermints, using a few drops of essence of winter-

green instead of the peppermint, allowing the drops to become cool and firm before dipping them, and after they are dipped laying them on waxed paper until the coating has hardened.

COCONUT STRIPS

Grate coconut and allow a half cup of this to one cup of the fondant. Work the coconut into this, kneading it until it is soft and well mixed. The freshly grated coconut will soften the fondant a little, and if it seems to lack the right consistency add to it confectioners' sugar, putting it in cautiously, a little at a time, until you have the right stiffness. Press the candy into a shallow pan with straight sides, making a layer about the thickness of a caramel, and cut it into long strips when entirely cold.

CREAMED STRAWBERRIES

Heat half a cup of fondant in a saucepan set in an outer vessel of boiling water, softening it with a few drops of boiling water, adding this

cautiously so as not to make the mixture too thin. Stir the fondant constantly. Have ready firm, ripe strawberries which should have been shaken and brushed clean of dust, if necessary, but not washed. Hold each one firmly by the hull, gathering this carefully between the thumb and fingers. Dip the berry into the fondant, hold it for a minute, that it may drip a little, put gently on waxed paper, and set aside. Should the strawberry not be sufficiently coated by one dip, dip it again. No color of the strawberry should show through the fondant. These berries should be put in paper cases before serving, and will not keep more than a few hours. The juice in them softens the filling by the end of that time.

Cherries, fresh or brandied, Malaga grapes, and sections of oranges or mandarins may be creamed in the same way.

MACAROON CHOCOLATES

For this, purchase the almond paste of which macaroons are made,

put a half cup of it with an equal quantity of fondant, and knead them together. If the mixture is hard and too crumbly to handle easily add to it a few drops of bitter almond, and if this does not soften the candy sufficiently add a little hot water, using this with caution lest the candy become too soft. Make it into balls or cones and dip these in a mixture of melted, unsweetened chocolate and fondant heated together in a vessel set in boiling water. Dry on waxed paper.

MAPLE FONDANT

Put one cup of crushed maple sugar, one cup of granulated sugar, and a half cup of boiling water together over the fire. Stir until dissolved, cook five minutes longer, add a quarter teaspoon of cream of tartar, and boil until it reaches the soft-ball stage. Proceed as directed with plain fondant in the instructions given for preparing this.

MAPLE FONDANT BONBONS

Make the maple fondant as directed above, then form balls from it with the fingers, flattening them slightly on one side. On this press half a pecan, a walnut kernel, a blanched almond, or a small square of citron or other candied fruit of a flavor which will combine agreeably with the maple.

MAPLE-NUT SQUARES

Chop fine two tablespoons of nuts, either one kind or mixed, and work into a cup of the maple fondant, kneading it until they are thoroughly incorporated. Press the fondant into a shallow pan with straight sides, making a sheet about half an inch thick, and when this is cold cut it into squares.

MAPLE SURPRISE BONBONS

Of the maple fondant make disks about the size of a quarter of a dollar and twice as thick, and press between two of these, while soft, the half kernel of an English walnut, pinching the edges together so that the nut is

entirely encased. Melt white fondant, stirring it so that it may not go back to sirup, dip the maple bonbon in this, take it out with a candy dipper or perforated spoon, and lay it to dry on waxed paper.

You may vary these by dipping some of the bonbons in chocolate and by tinting the white fondant pink, green, or yellow.

NUT AND FRUIT BONBONS

Divide your fondant into several portions, giving each a different color and flavor. Shape balls about the size of a marble, flattening them slightly on one side, and press upon the plain surface a nut of any sort, — a pecan, a portion of the kernel of an English walnut, a blanched almond or a slice of a Brazil nut. Set aside to become hard and cool. In the same manner you may use, instead of the nut, a little piece of crystallized fruit, like a bit of ginger, angelica, pineapple, fig, or a seeded raisin. These bonbons may be served plain,

or may be dipped in melted, unstirred fondant for a second and then rolled in granulated sugar, to give them a sparkling finish. As the fondant hardens rapidly it is better to work and soften only one tint or flavor at a time and make all the bonbons of this special variety at once instead of going from one to the other. In this connection I wish to repeat my counsel to have all ingredients and implements at hand before you start on your work, so that you may not be interrupted at a critical moment to go in search of something you need in a hurry.

NUT ROLLS

Flavor half a pound of fondant with a few drops of vanilla and work into it chopped almonds, pecans, or walnuts. Two tablespoons of the nuts will be sufficient for this quantity of fondant. Divide the fondant into pieces about the size of an English walnut and with the palm of the hand, rubbed with confectioners' sugar, roll the piece on waxed paper until you have

converted it into a long, slim roll. If this seems too large for your purpose, cut it in two across the length. Have ready two more tablespoons of chopped nuts, melt a little of the fondant in a shallow dish, then roll your pieces of fondant first in this, then in the chopped nuts, and last in granulated sugar; lay them on waxed paper to dry.

SURPRISE BONBONS

Form disks of the fondant as directed in recipe for Maple Surprise Bonbons. Between these inclose slices of candied fruit or nuts, and dip these into maple fondant or chocolate and fondant mixture. Or you may make the inner bonbon of a different color and flavor from that used in the coating, selecting flavors which will heighten each other, as vanilla and raspberry, lemon or orange and vanilla, or chocolate and strawberry.

BONBONS, CONFECTIONS, AND DIPPED CANDIES

ALMONDS, CREAMED

Shell and blanch burnt almonds and lay them in the open oven to dry, but do not let them brown. Put one cup of granulated sugar over the fire with one tablespoon of water; stir until it is well dissolved and comes to a boil. Drop into this the blanched almonds a few at a time, and take them out immediately with a perforated spoon or candy dipper, laying them on waxed paper until they harden or upon buttered plates.

FIG PASTE

In just enough water to cover them, boil a pound of pulled figs until soft (first washing the figs carefully). When soft, take them from the fire and drain. Putting the water to one side, chop the figs fine, then return them to the water in which they were stewed. There should be about one

cup of this. If there is more, boil it down to the required quantity. Stir in three cups of sugar and cook slowly until you have a thick paste. Turn into a shallow, straight-sided pan, lined with buttered paper, and when cool cut into squares.

FRUIT CONFECTIONS

Put through a meat chopper a half pound each of figs and crystallized ginger and a quarter pound each of candied angelica and cherries; work together until all are blended; roll with a rolling pin or press with the hands into a sheet about the thickness of a caramel, sprinkling with a good layer of confectioners' sugar the board on which you do this. Cut into small shapes with a cake-cutter or with a sharp knife, roll the pieces in granulated sugar, and arrange in a box lined with waxed paper, placing waxed paper between the layers.

FRUIT AND CHOCOLATE CONFECTIONS

Prepare as in preceding recipe and work into the mixed fruits two table-

spoons of grated chocolate. The unsweetened is best for this, as the fruits are so heavy with sugar that further sweetening would be rather cloying. Follow the same process of rolling out and cutting, etc., as for Fruit Confections.

FRUIT AND NUT CONFECTIONS

To the ingredients given in the recipe for Fruit Confections add a half pound of English walnut kernels or of blanched almonds, grind, and mix with the fruit. Follow the same plan of mixing and finishing.

FRUIT (CANDIED) DIPPED OR GLAZED

Cut citron, crystallized ginger, pineapple, or any other fruit into small squares. Have ready in a saucepan a half pint of water and stir into this two cups of granulated sugar. This should be done over the fire. Do not stir the sugar after it is dissolved but boil, wiping the sugar crystals from the inside of the saucepan as they form there, and cook until a little of the sirup, dropped into cold water, be-

comes brittle at once. Watch carefully that the sirup does not cook too long and change color. As soon as it is brittle remove from the fire, set in a pan of boiling water, drop your fruit, a piece at a time, into the sirup, and take it out at once with a greased, perforated spoon, a fork, or a candy dipper. Have sheets of waxed paper at hand on which to lay the candy. If the sugar in which you are dipping your fruit hardens, it may be heated once or even twice, but not more than that, as after a second heating it becomes too hard to be used for this purpose. Be careful not to stir it at all.

FRUIT (FRESH) DIPPED OR GLAZED

Make the sugar for dipping by the preceding recipe or as follows: Stir until boiling two cups of sugar, one cup of water, and a tablespoon of corn sirup; after boiling begins do not stir at all, but wipe the sugar crystals from the sides of the saucepan as already directed. When the sirup

reaches the brittle stage take it from the fire, stand the saucepan in a pan of boiling water and dip into it quarters of oranges or of mandarins, Malaga or Tokay grapes, two at a time, on a stem, ripe cherries, or other small fruits. To dip these you must either hold them by the stem or else with a pair of candy or sugar tongs. The old-fashioned kind, with two miniature spoons at the end, are better than the tongs with claws, since these are likely to pierce the fruit, and the juice which escapes thins the sirup and may prevent its hardening as it should. Lay the dipped fruits on waxed paper. Place in small paper cases if served as bonbons, but the dipped fruits made in this way are an attractive garnish for cakes and desserts.

NUTS DIPPED OR GLAZED

These may be prepared by either recipe and are dipped as fruits would be. Blanch almonds, divide the kernels of English walnuts, hickory nuts, or pecans, peel chestnuts and roast

them very lightly, and remove from Brazil nuts all the dark inner skin.

ORANGES, CANDIED

Peel large, sweet oranges and divide carefully into lobes, removing the white inner skin. Boil together three cups of sugar and one cup of water, as directed for other candied fruits, and after the sirup reaches the brittle stage add to it the juice of a lemon. Dip the sections of orange into this and lay on waxed paper to dry.

PEACH LEATHER

Small peaches may be used for this, but they should be unspecked. Wash them carefully, rubbing all the fuzz from them, cut in half and remove the stones, and put the fruit over the fire to stew, allowing a quarter pound of sugar to every pound of the peaches. Cook until soft, stirring and mashing it as it simmers, and when it reaches the consistency when it can be spread out on a board in a thin sheet, turn it out on platters or on a board well

greased with butter, and set the "leather" in the hot sun to dry. Protect it from the flies and other insects by fine netting or by panes of glass. When dry it can be rolled up. Sprinkle it lightly with granulated sugar before rolling, and afterwards dip the rolls into sugar. Wrap in waxed paper and then in a cloth, and the sweetmeat will keep indefinitely.

Perhaps this might not have quite the flavor to others that it possesses for the Virginians who learned to love it in childhood, but I think that even grown-ups who eat it for the first time will find the taste pleasing, with a suggestion of ripe peach aroma not found in more elaborate candies.

QUINCE LEATHER

This may be made like the Peach Leather, but there must be added to it the rind and juice of a lemon for every three pounds of the fruit, or else a couple of ounces of green ginger in the same proportion.

STRAWBERRY SWEETMEATS

Hull fresh ripe strawberries and sprinkle them with granulated sugar in the proportion of a cup of this to every pound of fruit and let them stand in this for four hours. Drain the sirup from the berries at the end of this time and put it over the fire in a preserving kettle; bring to a boil, and drop the berries into it. Leave them in only until the sirup regains its boil, then take them out with a perforated skimmer and spread the berries on flat dishes. Place these in the sun and leave them out all day, protecting them by the netting. At night bring them in, and the next morning turn the fruit over and give it another sunning. If one day more does not dry them sufficiently, supply a further sun treatment. Pack them in glass jars, alternating the layers of fruit with strewings of sugar.

Peach Sweetmeats may be made in the same way.

STUFFED PRUNES

Select the large prunes for this and lay them in cold water for three hours. Then put them in the steamer and cook until the skins are tender. Slip out the stones. Have a mixture made of candied fruits — ginger, cherries, dates, figs, what you will — chopped fine with an equal quantity of English walnuts, pecans, or blanched almonds. Fill with this the spaces left vacant by the stones, restoring the prunes as nearly as you may to their natural shape, roll them in granulated sugar, and put them aside to become thoroughly dry and firm before eating them.

STUFFED RAISINS

For this purpose buy the finest layer raisins. Pick them from the stem and lay them in cold water for several hours, so that they may be plump and soft. Make a little incision with a small, sharp penknife or a pair of scissors and slip out the seeds. Prepare such a fruit mixture as directed for Stuffed Prunes, and insert tiny rolls of

this in the raisins. Or you may use single fruits or nuts — a sliver of almond, a shred of citron or candied ginger, or anything else of the kind — and put them in. A good plan is to sort the raisins into two sizes, fill the smaller with such stuffing as I have described, and slip these into the larger raisins. In either case, roll the raisin — the outer one — in granulated sugar and lay in boxes lined with waxed paper.

HOMEMADE COUGH CANDIES

COUGH CANDY (No. 1)

Break slippery-elm bark into small pieces, put into a half pint cup as much of the bark as it will hold, and pour in enough hot water to fill to the brim; let the bark soak in this for an hour. Fill another half-pint cup half full of whole flaxseed and brim this with hot water, leaving the seed to soak for an hour. At the end of that time put three cups of brown sugar in a saucepan, strain the water from the slippery elm and the flaxseed, and add to the sugar. Stirring constantly, cook until the sugar has boiled past the sirup stage and become sugary again; turn out into a buttered tin and when it is cold break into small pieces. This is better if flavored to taste with lemon juice.

COUGH CANDY (No. 2)

Measure a half cup of white flaxseed —the whole seed, not the meal — into

a dish; pour over it a half pint of boiling water. Into another dish measure a cup of broken slippery-elm bark and pour over this just enough water to cover it and let both steep for two hours. Strain into a saucepan, pressing from the seed and bark all the water you can, that as much as possible of the value of these may be obtained. Add three pounds of granulated sugar and the juice of two lemons, and boil the mixture until it is brittle when dropped into cold water. Turn out into buttered pans or dishes and cut or break into pieces.

COUGH DROPS

Put a half cup of slippery-elm bark and the same quantity of white flaxseed,— the whole seed,— into a saucepan or bowl, pour one cup of hot water over them and steep for an hour, stirring them occasionally. At the end of that time strain through a flannel or jelly bag. Put three cups of granulated sugar in this infusion, set the saucepan over the fire, and

stir it for two minutes after the sugar melts. Drop the mixture from a teaspoon or candy dipper upon oiled or waxed paper and leave the cough drops on this until they are entirely cold. Moisten the paper on the under side and they will come off easily. If you wish you may flavor with lemon juice, peppermint, or wintergreen when you mix the sugar and the infusion.

HOARHOUND CANDY

Steep a heaping tablespoon of hoarhound leaves in a half cup of boiling water and let them stand in this for an hour, strain off, squeezing the leaves to get all the value from them, put over the fire with two cups of brown sugar, stir until the sugar is dissolved, add a tablespoon of vinegar and boil until a little of the candy is brittle when dropped into cold water. Turn out into a buttered pan, cut into squares with a buttered knife when the candy begins to harden, and when cold break apart.

HOARHOUND DROPS

Prepare the infusion of leaves as directed in the preceding recipe and make the mixture of sugar and water. When the sugar is dissolved add a tablespoon of lemon juice, cook until the candy has reached a brittle stage, and then drop it from a teaspoon or a candy dipper upon buttered paper and let it become cold before removing from the paper.

Either the candy or the drops may be made from the fresh hoarhound leaves as well as from the dried.

IRISH MOSS COUGH CANDY

Wash a cupful of Irish moss in cold water, pour a quart of boiling water upon it, put it over the fire, and simmer very gently for half an hour, then set it aside and let the moss become cold in the water. Take out the moss, return to the fire the water in which it was cooked, and let this boil down until you have only a pint of the liquid. Add to this four cups of granulated sugar. Stir until dissolved,

then cook without stirring until the mixture is brittle when a little of it is dropped into cold water. Add a tablespoon of lemon juice, turn from the saucepan into buttered pans, mark into squares with a knife, and when cold break these apart.

LICORICE COUGH CANDY

Break two ounces of licorice in a half cup of hot water, leave until it dissolves, and put it with a cup of gum arabic which has been dissolved in a cup of warm water and strained through a cloth. Heat these in a sauce pan with two cups of confectioners' sugar, and stir until it has boiled to the stage where a little of it is hard and elastic when dropped into cold water. Pour into a shallow pan, well buttered, and stand this in a warm place to dry. When it is elastic without being brittle, remove to a cool place and leave until cold. Break into small pieces.

INDEX

	Page
Almonds, Creamed	61
Almonds, Creamed	95
Almonds, Creamed	110
Almond Squares	58
Butternut or Black-Walnut Candy	44
Butterscotch (No. 1)	19
Butterscotch (No. 2)	19
Butter Taffy	50
Candied Lemon Peel	65
Candied Nuts	59
Candied Orange Peel	65
Candied Oranges	115
Candied Rose Leaves	100
Candied Violets	100
Candy Pudding	60
Chestnuts, Chocolate	101
Caramels	
Chocolate (No. 1)	20
Chocolate (No. 2)	20
Chocolate (No. 3)	21
Chocolate Cream	22
Coconut	23
Coffee	23
Maple (No. 1)	24
Maple (No. 2)	24
Maple-Nut	25
Nut	25
Opera	25
Pineapple	26
Vanilla (No. 1)	27
Vanilla (No. 2)	27
Vanilla-Nut	28
Chocolate Butter Creams	91
Chocolate Caramels (No. 1)	20
Chocolate Caramels (No. 2)	20
Chocolate Caramels (No. 3)	21
Chocolate Chestnuts	101
Chocolate Coconut Creams	92
Chocolate Cream Caramels	22
Chocolate Creams (No. 1)	89

INDEX

	Page
Chocolate Creams (No. 2)	90
Chocolate Fruit Creams	93
Chocolate Fudge (No. 1)	39
Chocolate Fudge (No. 2)	39
Chocolate Fudge (No. 3)	40
Chocolate Mints	101
Chocolate Nut Balls	93
Chocolate Nut Creams	94
Chocolate Wintergreens	102
Coconut and Molasses Candy	32
Coconut Balls	29
Coconut Bars	29
Coconut Caramels	23
Coconut Cream Balls	94
Coconut Cream Candy	30
Coconut Drops	31
Coconut Strips	103
Coconut Taffy	31
Coffee Caramels	23
Cough Candy (No. 1)	120
Cough Candy (No. 2)	120
Cough Drops	121
Cream Candy (No. 1)	32
Cream Candy (No. 2)	33
Cream Candy (No. 3)	34
Creamed Almonds	110
Creamed Almonds	61
Creamed Almonds	95
Creamed Crystallized Fruits	95
Creamed Dates	95
Creamed English Walnuts	95
Creamed Figs	96
Creamed Popcorn	34
Creamed Strawberries	103
Cream Peppermint Drops	56
Cream Wintergreen Drops	57
Dates, Creamed	95
"Divinity Fudge"	40
Fig Paste	110
Figs, Creamed	96

INDEX

	Page
Fondant	78
French Nut Nougat	46
Fruit and Chocolate Confections	111
Fruit and Nut Confections	112
Fruit Bars	61
Fruit Confections	111
Fruit (Candied) Dipped or Glazed	112
Fruit (Fresh) Dipped or Glazed	113
Fruit Rolls	97
Fruits, Creamed Crystallized	95
Fudge	
Chocolate (No. 1)	39
Chocolate (No. 2)	39
Chocolate (No. 3)	40
"Divinity"	40
Maple	41
Marbled	42
Nut	42
Sea-Foam Chocolate	43
Sea-Foam Nut	43
Hickory-Nut Candy (No. 1)	45
Hickory-Nut Candy (No. 2)	45
Hoarhound Candy	122
Hoarhound Drops	123
Honey Nut Nougat	47
Irish Moss Cough Candy	123
Kisses	62
Mexican (No. 1)	45
Mexican (No. 2)	46
Lemon Cream Candy	72
Lemon Drops	55
Lemon Taffy	50
Licorice Cough Candy	124
Macaroon Chocolates	104
Maple Balls	35
Maple Caramels (No. 1)	24
Maple Caramels (No. 2)	24
Maple Creams (No. 1)	37
Maple Creams (No. 2)	37
Maple Drops	38

	Page
Maple Fondant	105
Maple Fondant Bonbons	106
Maple Fudge	41
Maple Marshmallow Dainties	65
Maple-Nut Candy (No. 1)	35
Maple-Nut Candy (No. 2)	36
Maple-Nut Candy (No. 3)	36
Maple-Nut Caramels	25
Maple-Nut Squares	106
Maple-Sugar Taffy	51
Maple Surprise Bonbons	106
Marbled Fudge	42
Marshmallow Dainties	64
Marshmallows	62
Marshmallows (Chocolate)	63
Mexican Kisses or Penotchie (No. 1)	45
Mexican Kisses or Penotchie (No. 2)	46
Mints, Chocolate	101
Molasses Candy (No. 1)	68
Molasses Candy (No. 2)	70
Molasses Taffy (No. 1)	51
Molasses Taffy (No. 2)	51
Molasses Nut Taffy	52
Molasses Popcorn Taffy	52
Molasses Velvets	70
Nougat, French Nut	46
Nougat, Honey Nut	47
Nut and Fruit Bonbons	107
Nut Bars	47
Nut Caramels	25
Nut Fudge	42
Nut Rolls	108
Nuts, Candied	59
Nuts, Dipped or Glazed	114
Old Virginia Molasses Taffy	53
Opera Caramels	25
Orange Cream Candy	73
Orange or Lemon Peel Candied	65
Orange Straws	66
Oranges, Candied	115

INDEX

	Page
Peach Leather	115
Peanut Brittle (No. 1)	48
Peanut Brittle (No. 2)	48
Peanut Candy	49
Peppermint Drops	55
Pineapple Caramels	26
Popcorn Balls	54
Popcorn, Creamed	34
Prunes, Stuffed	118
Quince Leather	116
Raisins, Stuffed	118
Rose Leaves, Candied	100
Rose-Red Cream Candy	73
Sea-Foam Chocolate Fudge	43
Sea-Foam Nut Fudge	43
Snow-White Cream Candy	74
Spiced Squares	97
Strawberry Sweetmeats	117
Strawberries, Creamed	103
Stuffed Prunes	118
Stuffed Raisins	118
Sugar Candy	72
Sugar Taffy (No. 1)	53
Sugar Taffy (No. 2)	54
Surprise Bonbons	109
Taffy	
Butter	50
Coconut	31
Lemon	50
Maple-Sugar	51
Molasses (No. 1)	51
Molasses (No. 2)	51
Molasses Nut	52
Molasses Popcorn	52
Old Virginia Molasses	53
Sugar (No. 1)	53
Sugar (No. 2)	54
Tutti-Frutti Squares	97
Tutti-Frutti, Variegated	98
Uncooked Fondant	87

INDEX

	Page
Vanilla Caramels (No. 1)	27
Vanilla Caramels (No. 2)	27
Vanilla Cream Candy	74
Vanilla Nut Caramels	28
Variegated Cream Candy	74
Variegated Tutti-Frutti	98
Vinegar Candy	71
Violets, Candied	100
Virginia Barley Sugar	76
Virginia Crisps	77
Walnut Molasses Candy	49
Walnuts, Creamed English	95
Wintergreen Drops	56
Wintergreens, Chocolate	102

UNIFORM WITH THIS VOLUME

PER VOL. 50 CENTS NET

WHOLESOME COOKING

By Ethel Harris

120 PAGES

The author handles her theme so that the beginner will be instructed in the matter of foods and their preparation.

PRESERVING AND CANNING

By Emily Riesenberg

98 PAGES

With this authoritative book at one's elbow, the secrets of jam and jelly making can soon be acquired. The author conducts the Household Economy Dept., for the "Herald," Chicago.

CHINESE-JAPANESE COOK BOOK

By Onoto Watanna and Sara Bosse

102 PAGES

In this book the authors make it possible to serve on home tables the food hitherto obtainable only at Chop Sueys and Mandarin Inns. They also introduce to us the best Japanese dishes and delicacies.

Rand McNally & Company, Chicago

THE HOUSE OF GOOD JUVENILES

Illustrated, by the leading artists of the day, in color and in black and white.

A special Catalogue of our Books for Children will be mailed to you upon request. It contains full page illustrations in color, besides much information of interest to the little ones.

"Their Very Titles will Charm a Child."

Rand McNally & Company, Chicago

STEM